

**AMENDMENTS TO THE CLAIMS:**

Please replace the claims with the claims provided in the listing below wherein status, amendments, additions and cancellations are indicated.

1. - 10. (Canceled)

11. (Currently Amended) A multi-functional running machine, comprising:

a lower frame;

a running belt installed with the lower frame;

a motor rotating the running belt;

a support frame installed into one side of the lower frame;

a handle attached to the support frame; and

a scale plate;

wherein the running belt is reciprocally moved by a predetermined distance

, and

wherein the running belt moves in one direction by a first distance within a first time interval, stops during a stopping time interval, and then moves in an opposite direction by a second distance within a second time interval.

12. (Previously Presented) The multi-functional running machine according to claim 11, wherein the scale plate indicates a reciprocating time, a reciprocating distance and a reciprocating speed of the running belt, and is installed with a lamp and a speaker indicating an alarm if the forward and reverse rotations of the motor are reversed.

13. (Previously Presented) The multi-functional running machine according to claim 11, further comprising:

a sensor for sensing actuating information including a reciprocating time, a reciprocating distance, a reciprocating speed, and forward and reverse rotation states; and

a motor driver for controlling the motor to allow the running belt to move reciprocally.

14. (Previously Presented) The multi-functional running machine according to claim 11, wherein both edges of the lower frame and both edges of the running belt are formed with a recognition table, respectively, wherein the recognition table is used to recognize the reciprocating time, reciprocating distance and reciprocating speed of the running belt.

15. (Canceled)

16. (Currently Amended) The multi-functional running machine according to claim [[15]] 11, wherein the first distance and the second distance are equal to or larger than 0 cm, and the first interval, the second interval and the stopping time interval are equal to or larger than 0 sec.

17. (Previously Presented) A method for controlling a running belt in a reciprocal movement of a running machine comprising the steps of:

moving the running belt to one direction by a first distance within a first time interval;

stopping the running belt during a stopping time; and

moving the running belt to an opposite direction by a second distance within a second time interval.

18. (Previously Presented) The method according to claim 17, wherein the first distance and the second distance are the same.

19. (Previously Presented) The method according to claim 17, wherein the first distance and the second distance are different from each other.

20. (Previously Presented) The method according to claim 17, wherein the first time interval and the second time interval are the same.

21. (Previously Presented) The method according to claim 17, wherein the first time interval and the second time interval are different from each other.

22. (Previously Presented) The method according to claim 17, wherein the stopping time is equal to or larger than 0 sec.

23. (Previously Presented) The method according to claim 17, wherein the running belt is adapted to stop actuating by automatically interrupting a power supply if it is moved in one direction during a predetermined first time interval or in an opposite direction over a predetermined second time interval.

24. (Previously Presented) The method according to claim 17, wherein the first distance, the first time interval, the stopping time, the second distance and the second time interval of the running belt are set directly by user or used selectively by the user using a program being set in advance with various combinations.

25. (Previously Presented) The method according to claim 17, wherein the running belt is controlled for a short reciprocating movement to occur during one or more times within the first distance or the second distance.

26. (Previously Presented) The method according to claim 17, wherein the running belt is controlled to stop one or more times within the first distance or the second distance.